

# Highland Park Elementary

May 7, 2002

Dear Parents:

Beginning next week, Highland Park will be trying a new schedule during our lunch break: "Recess Before Lunch." Several Montana schools have already implemented this type of lunch hour, and others will also be trying a new schedule for the next year. Before eating lunch, our students will be dismissed to the playground for play and then be brought in to eat. Following lunch, students will return to class, ready to learn. Students will have the same play time and will have a slightly longer time in the lunchroom for eating during the new schedule.

There are many benefits to this type of program. Schools report greater nutrient consumption, as children eat a more balanced diet; less plate waste or food thrown away, as children are more ready to eat and are not in a hurry to get outside to play; better classroom performance, as children pay more attention when they are not hungry; better lunchroom and classroom behaviors, as children are focused on lunch rather than the playground and return to class feeling more full and settled.

We hope that this new schedule will promote better nutrition and student achievement for all of our students. We will try this schedule for two weeks, and if successful, will implement it for the next school term. If you have any questions, please contact me.

Also, we have gathered quite a collection of Lost and Found items. Please feel free to stop at the front office to look for clothing or other articles that may belong to your children.

Thank you for supporting Highland Park. It's been a great year!

Sincerely,

Sharon Redfern,  
Principal